

## Enjoying the Meals & Keeping the Foods Safe



### Numbers to Remember for Food Safety

- The freezer temperature should be 0 degrees Fahrenheit.
- The optimal temperature for the refrigerator should be 35-40 degrees Fahrenheit.
- Refrigerate perishables within 2 hours
- Consume cooked refrigerated foods within 72 hours

### To Enjoy Your Meal...

- Do light exercise before eating
- Keep portion sizes smaller
- Set the table
- Play your favorite music
- Set the lighting
- Eat when the food is hot. The food will smell better.
- Make food appealing; add fresh herbs and spices

### Reducing Recipes

| 4 servings  | Half = 2 servings         | 1/4 = 1 serving  |
|---|---------------------------|--|
| 1 cup = 8 oz = 16 Tbsp  | 1/2 cup = 4 oz = 8 Tbsp   | 1/4 cup = 2 oz = 4 Tbsp  |
| 1 oz = 2 Tbsp = 6 tsp   | 1/2 oz = 1 Tbsp = 3 tsp   | 1/4 oz = 1/2 Tbsp = 1 1/2 tsp  |
| 2/3 cup  | 1/3 cup                   | 2 Tb + 2 tsp  |
| 3/4 cup   | 6 Tbsp = 1/4 cup + 2 Tbsp | 3 Tb   |